



# MARGATE SOCCER LEAGUE

General League Rules and Guidelines

## LEAGUE MANAGEMENT

### ADMINISTRATIVE RIGHTS

- The League Administrator shall retain the right at any time to amend, change, delete or enact any change(s) beneficial to the league's success.

### COMMUNICATION

- a. We ask parents/guardians to communicate any team-related concerns to the team coach first, then, if necessary to the League Administrator.
- b. Coaches should direct players' concerns with the parent first and if problems persist, contact the League Administrator immediately thereafter.
- c. Please direct all other concerns directly to the League Administrator.

### GAME OFFICIALS

- Game officials will have complete authority over the game, players, and spectators. Refusal of ejected players, coaches, or spectators to leave the premises within a 2-minute time limit, will require the game to constitute as a forfeit.

## LEAGUE RULES

### SPORTSMANSHIP

- a. Players and coaches may not verbally argue with a referee's decision. A **yellow or red** card can be issued.
- b. All players/coaches must acknowledge the other team and coaches after the game. "Good game" (Line up to shake hands).
- c. Any player can be benched if the referee or League Administrator determines that a player's intent was to injure another player.
- d. Players and coaches can be issued **yellow/red** cards if they exhibit unsportsmanlike behavior from the sideline.
- e. No coaches or parents are allowed on the field (**9U and up**). Referees will call coaches onto the field in case of an injury.

### EVALUATIONS/TEAM DRAFT

- Coaches will evaluate and pick teams in all divisions. All players will get selected regardless of skill level.

#### **TEAM BENCH/BENCH AREA**

- a. The Head Coach, Assistant Coach and team players can sit on the bench. **\*League Administrator has sole discretion to designate/enforce “spectator free” areas.**
- b. A Head Coach and/or the Assistant Coach can stand or walk anywhere within the boundaries of the designated Coaches area (up to the half line on the side their team bench is on).
- c. The League Administrator and or referee shall have the sole right to require any Coach to remain on the team bench during any part of any game.

#### **EQUIPMENT**

- a. **No jewelry** – earrings, rings, necklaces, bracelets, watches, etc.
- b. No metal hair accessories.
- c. Players **must** wear **NOCSAE certified** shin guards to play. Fully covered by socks.
- d. Cleats are optional but highly encouraged. No metal spikes. Close-toed tennis shoes are allowed.
- e. Mouth guards, face masks and goalie gloves are optional. **\*9u and up** divisions will be supplied with a pair of goalie gloves to be shared between goalies.
- f. All players wear the same color uniform except the goalies. **\*9u and up** divisions will be supplied with a goalie jersey to go over players' uniform that will be shared between players.
- g. Players are given a jersey, shorts, and socks.

#### **PLAYERS AND SUBSTITUTIONS**

- a. Every player will get to play. Minimum playing time is half the game. Subs can be done any way. No player should sit two quarters in a row.
- b. After each quarter, players on the sideline will substitute into the game. **6u, 9u divisions.**
- c. Coaches can substitute players on dead ball plays in **all** divisions.
- d. Goalies substitute at the coach's discretion and do not have to substitute.
- e. Teams caught not subbing correctly will be issued a verbal warning. If they get caught again, they must play a man down for the remainder of the game.

#### **FOULS**

- a. It is at the referee's discretion to call a foul: a player may not kick, trip, jump, push, hit, hold, pull, swear, or spit, etc. at another player. This results in a direct kick for the **9u and up** divisions.
- b. Slide tackles are prohibited during game play, resulting in a verbal warning and a direct kick for the **9u** division. **For 12u and up**, this will result in a **yellow card** and a **direct kick**.
- c. **For 6u and 9u** divisions all fouls are direct kicks.
- d. All other infractions will result in an **indirect** kick for the **12u and up** divisions.

#### **YELLOW AND RED CARDS**

- a. No cards will be issued for the **9u and under** divisions, only verbal warnings.
- b. **Yellow/red** cards can be given in all other divisions.
- c. If a player receives a second **yellow card**, they are out for the rest of the game and the coaches may **not** substitute for another player during the game. The player may play the next game.

- d. If a player/coach gets a **red card**, they are out this game plus the next game; and must see the League Administrator before they get to play/coach again. Depending on the infraction they may get additional or reduced game penalties.

#### **FAIR SIDED PLAY**

- a. If a team is short on players, the other team will play down to match an equal number of players. As players arrive, the referee will let them enter on an out-of-bounds ball. This rule is **not in effect during the playoffs**.
- b. To start the game a team must have **no more than 3 less** than the starting lineup, otherwise it is a forfeit game.

#### **WATERBREAKS AND HALFTIME**

- a. There will be a 2-minute water break at the end of each quarter.
- b. There will be a 5-minute halftime break at the end of the second quarter.
- c. Teams will switch sides at half time for the **9u and up** divisions.
- d. Possession of the ball will go to whichever team **did not** start the game with the ball.

#### **PLAYOFFS**

- a. Games end in a tie during the regular season. (No Overtime/Penalty Shootouts)
- b. One 10-minute OT period will occur if teams are tied in playoff games. Golden Goal Rules. (First team to score wins/ends the game)
- c. If teams are tied after the OT period, each team will have 4 shooters take a penalty kick, if at the end of the first 4 shooters the game is still tied, each team will have 1 shooter attempt a penalty kick until the tie is broken. A player may not shoot for a second time until all players have taken a penalty kick. Coaches can change goalkeepers **before** penalty kicks begin. Coaches **cannot change goalkeepers during** the shootout. Whoever is in goal will remain in goal until the game is over, or if an injury to the goalkeeper occurs. Goalkeepers can take a penalty kick.
- d. **\*9u divisions** if tied after the OT period will have 3 shooters take a penalty kick from the designated penalty spot. If at the end of 3 shooters the game is still tied, each team will have 1 shooter attempt until the tie is broken. A player may not shoot for a second time until all players have taken one attempt.
- e. No playoffs for **6u division**.

#### **UNIFORM**

- a. League provided uniform is to be worn every game.
- b. Lost jerseys must be replaced by the player at the player's expense.
- c. Players without a jersey on game day must sit out of the game. (In the event that a replacement jersey is being procured, a player can wear a plain t-shirt matching the color of their team.)
- d. Jerseys must be tucked inside the player's shorts during the game.
- e. A player may wear other garments under that jersey providing the garment does not create any confusion with the opposing team uniforms.
- f. No jewelry whatsoever is allowed.

#### **MEDICAL INJURIES**

- All injuries are taken seriously and will be treated as such. If an injury occurs during practice and/or games, the coaches may advise if further evaluation is recommended. If a parent or guardian is not present at a practice or game and the injury requires medical attention, **911** will be contacted and a designated staff member or coach

will accompany the player to the medical facility until a parent or guardian arrives. On your child's registration form, it is important that you inform us if your child has a pre-existing condition (i.e., allergies, medications, physical impairments, etc.). The league will notify your child's coach of the condition.

## GAME PLAY RULES

### HAND BALLS

- a. It is at the referee's discretion to call a handball foul.
- b. The goalie may not pick up/touch the ball with their hands if it is kicked back to them from another player on their team. This will result in an indirect kick at the point of the infraction, or a penalty kick if done within the goalie box. This applies to the **12u and up** divisions.
- c. In the **6u/9u divisions**, while in the goalie box, if there is an **intentional** handball that blocks the ball from going in the goal (other than the goalie) at the **referee's** discretion they can award an automatic goal.

### THROW-INS

- a. Both feet on the ground and both hands on the ball. (no cartwheel throw-ins) Ball must go completely over the head.
- b. No goals can be scored directly off a throw-in (the ball must touch any player on the field before it goes into the goal).
- c. No off-sides on a throw in.

### CORNER KICKS AND GOAL KICKS

- a. If the offensive team kicks the ball out of bounds on the end line, then it is a goal kick.
- b. If the defensive team kicks the ball out of bounds on the end line, then it is a corner kick.
- c. Any team player in possession of the ball may take the corner kick or goal kick.

### PENALTY KICKS

- a. When a foul occurs inside of the goalie box by the defending team, the result is a penalty/direct kick. **9u @ 8yds** **12u @ 10yds** **15u/18u @ 12yds**.
- b. The ball is live and in play after the kick.
- c. The original kicker may not be the first one to touch the ball after a rebound.
- d. No penalty kicks for **6u divisions**.

### HEADERS

- a. **No** heading balls in games or practices for the **12u and under divisions**.
- b. On an **intentional** head ball by the defending team, the opposing team will be rewarded with a direct kick from where the play started. If it started inside the goalie box, the ball will be placed 3 yards outside the box from the closest area where it started for **12u and under** divisions.

### OFFSIDE

- a. No offside rule for the **9u and under** divisions, with the exception of a "cherry-picking" scenario that is to be called at the referee's discretion.
- b. No offside on corner kicks, goal kicks, or throw-ins. **12u and up divisions**.
- c. The referees will call the offside penalty in all **12u and up** divisions.

## **SLIDE TACKLES**

- a. **No slide tackles in any division.** Do not leave your feet to get a ball, unless you are a goalie. This action will result in a **yellow card (or warning** for the 9U division).
- b. No player can kick/play with a ball while on they are on the ground. This will result in an indirect kick.

## **GOALKEEPER AND GOAL KICKS**

- a. The goalkeeper can only handle the ball in his own penalty area if a player on his team **did not** kick it directly at him. **9u and up divisions only.**
- b. The goalie has 6 seconds to release the ball once picking it up. Players must give the goalie at least 5 yards to kick.
- c. When the goalkeeper gains possession of the ball in the **9u divisions** all **opposing** team players must be behind the build out lines (cones) before the ball can be played.

## **RAINOUTS AND WEATHER**

- a. The safety of the players, coaches, officials, and spectators is the primary concern during inclement weather. Once a game has started, League Administrator with the assistance of game officials will remove players from the fields if conditions become unsafe.
- b. If directed to do so, please find a safe shelter until instructed to return to the playing field or told that the game has been canceled. All games may be called off upon the presence of lightning.
- c. If a game is canceled due to weather or other unforeseeable circumstances, all efforts will be made to reschedule. However, with time restraints/scheduling conflicts, some games **may not be made up**.

## **THOR-GUARD LIGHTNING DETECTION SYSTEM**

- At our facilities, you will be warned by our Thor Guard Lightning Detection System that there is lightning in the area. One 15-second horn will blast, and a strobe light located on the roof of the concessions building will begin flashing, indicating suspension of all activities. You should immediately take shelter. Games may resume only after three 5-second blasts of the horn are sounded and the strobe light stops flashing which will indicate that the area is all clear. The City cannot guarantee the effectiveness of the warning system. All official calls pertaining to the game(s) will be made by game officials and/or League Administrators.

## **"TEAM CAPTAINS" (9U AND UP)**

- Coaches pick **two** players every game; captains meet at half field to shake hands with opposing team captains/coaches and referees before the game. (**Every player should get to be captain once before a player is captain for a second time**). Coin toss will follow. "Home" team calls the coin toss. Whichever team wins the coin toss will get to decide what side of the field they defend first, **or** if they want possession of the ball first. If they choose ball first, the other team can pick which side they defend to start. Coaches should keep record/inform the League Administrator of their team captains for each game. This will ensure that captains are picked fairly throughout the season.
- **\*\*League will provide (2) armbands for coaches to distribute to the selected captains for each game.**
- **Armbands must be returned to coaches after the game.**

## **MERCY-RULE**

- For **9u and up divisions**, we will abide by a "mercy rule".

- If a team has an 8-point lead by halftime, the game will immediately end in a "mercy rule".
- If a team gets an 8-point lead after halftime, the game will immediately end in a "mercy rule".

## AGE DIVISIONS

### 6u (Ages 3-5) Co-ed – Noncompetitive, Instructional League:

- 4 vs. 4, no goalies, no scorekeeping, one referee, coaches will help manage the game on the field.
- Verbal warnings given on all penalties.
- 10 minute warm up, 40-minute game or "scrimmage" with (4) 10-minute quarters. 2-minute water break at the end of the (1<sup>st</sup>) and (3<sup>rd</sup>) quarter. (5-minute Halftime break at the end of the 2<sup>nd</sup> quarter.) No overtime.
- One practice and one game/scrimmage per week.
- Coaches will sub the players **equally** every 5 minutes, or on a dead ball.
- No throw-ins. Players will kick the ball in from the sideline.
- Field size: 15yards W x 30yards L, 4'x6' Goals, Size 3 ball.**

### 9u (Ages 6-8) Co-ed – Competitive League

- 7 vs. 7, including the goalkeeper.
- Verbal warnings on all penalties.
- All fouls are direct kicks. No penalty kicks unless in Playoff games. No off-sides, (with the exception of a "cherry-picking" scenario that is to be called at the referees discretion). No heading the ball. No Slide tackles.
- One referee per game. Regular season games can end in a tie.
- 10- minute warm-up. Game time is 50 minutes. (4) 12.5-minute quarters with 2-minute water breaks at the end of the 1<sup>st</sup> and 3<sup>rd</sup> quarters. 5-minute halftime break at the end of the 2<sup>nd</sup> quarter. Coaches will sub the players equally at the end of each period.
- Field size: 35yards W x 66yards L, 7'X21' goals, Size 3 ball.**

### 12u (Ages 9-11) Co-ed – Competitive League:

- 9 vs. 9, including the goalkeeper.
- Penalty kicks are enforced 8-yards out. No heading the ball. Offside will be called at the referee's discretion.
- One-Two referees per game. All fouls are direct kicks. Only **yellow cards** will be issued on penalties.
- Game time is 60 minutes. (4) 15-minute quarters with 2-minute water breaks at the end of the 1<sup>st</sup> and 3<sup>rd</sup> quarters. 5-minute halftime break at the end of the 2<sup>nd</sup> quarter.
- Field Size: 40yards W x 80yards L, 7'x21' goal, size 4 ball.**

### 15u (Ages 12-14) Co-ed – Competitive League:

- 11 vs. 11, including the goalkeeper.
- Penalty kicks are enforced 12-yards out. Offside will be called at the referee's discretion.
- Two referees per game. **Yellow and red cards** will be issued. Fouls are **direct** and **indirect** as the referee calls them.
- Game time is **60 minutes**. (4) 15-minute quarters with 2-minute water breaks at the end of the 1<sup>st</sup> and 3<sup>rd</sup> quarters. 5-minute halftime break at the end of the 2<sup>nd</sup> quarter. Subs can be made on any dead ball situation as per the referee. Subs should stand at the half field line upon waiting to sub into the game.
- Headers are allowed in **15U** games and older without limitations. For players 11 and 12 years of age, heading training should be limited to a **maximum** of 30 minutes per week with no more than 15-20 headers per player, per week. Heading is only allowed by players that have turned 11-years-old. If a 10-year-old is playing in a game, he is not allowed to head the ball, and it is the responsibility of the coaches and League Administrators to enforce this.

- f. **60yards W x 100yards L, 8'x24' goals, size 5 ball.**

**18u (Ages 15-17) Co-ed – Competitive League:**

- a. 11 vs. 11, including the goalkeeper.
- b. Penalty kicks are enforced 12-yards out. Offside will be called at the referee's discretion.
- c. Two referees per game. **Yellow and red cards** will be issued. Fouls are **direct** and **indirect** as the referee calls them.
- d. Game time is **60 minutes**. (4) 15-minute quarters with 2-minute water breaks at the end of the 1<sup>st</sup> and 3<sup>rd</sup> quarters. 5-minute halftime break at the end of the 2<sup>nd</sup> quarter. Subs can be made on any dead ball situation as per the referee. Subs should stand at the half field line upon waiting to sub into the game.
- e. Headers are allowed in **15u and up** games without limitations.
- f. **70yards W x 110yards L, 8'x24' goals, size 5 ball.**

**\*We will refer to FYSA/USYS/IFAB rulebooks for specific or missed rules. These are the general rules for our 2024/25 Margate Youth Soccer League.\***